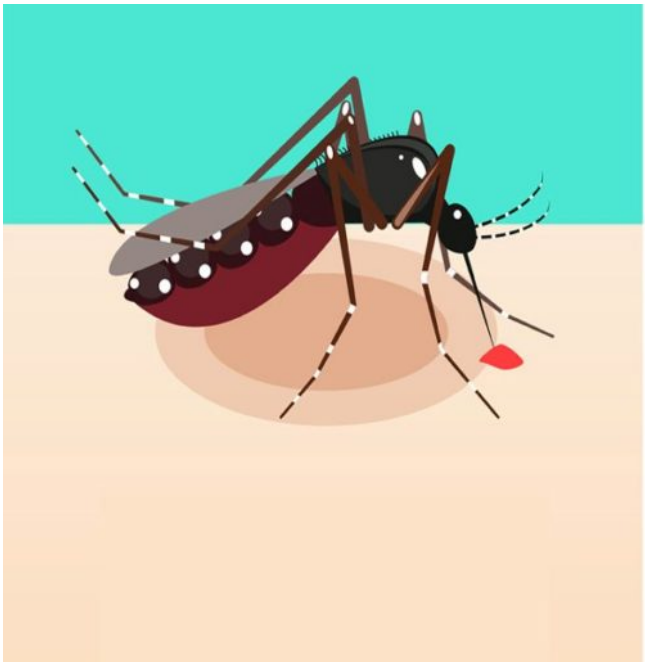
GRANDMA'S REMEDIES

# Take this Vitamin to Repel Mosquitoes all Summer long

By bestfolkmedicine · 05/08/2018 · 2 min read





*Who does not love summer, right? And, who does not enjoy the longer days, the sunny sky, the sandy beaches, etc. However, there is one thing we all hate about summer, i.e. mosquitoes! Especially when we cannot get rid of them and when they keep biting us all the time!*

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*Even though most people use store-bought mosquito repellents to keep these annoying insects at bay, there are those who do not want to use them because of the questionable chemicals and other ingredients they contain.*

*Therefore, if you prefer to go all-natural, you should know that taking vitamin B1 can be the solution you have been looking for.*

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## The Power of Vitamin B1 to Keep Mosquitoes at Bay

Vitamin B1, also known as thiamine, is a pivotal vitamin for our health. As seen on Healthy Holistic Living, this vitamin can be acquired through food sources like brown rice, yeast, asparagus, oatmeal, liver, eggs, and kale and it plays a crucial role in decreasing stress and strengthening the immunity. And, since it is a water-soluble vitamin, the surplus amounts of it (amounts the body has not used) get eliminated from the body through urination so you do not need to worry about taking too much of it.

This vitamin will help you keep mosquitoes at bay because it has the power to change the way your body smells to these insects. When you have sufficient amounts of it in the body, your odor will be more “yeasty” to mosquitoes and they will not feel appealed to bite you. Remember, this will not change how you smell to other people, so do not worry about smelling like stale bread to your friends and family.

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It is important to note that there are some conditions that may decrease the levels of thiamine in the body. Some of them are, as noted on Healthy Holistic Living, Crohn’s, anorexia, gastric bypass, and alcoholism. So, these people may benefit from taking a vitamin B1 supplement too.

If you want to try out this method, make sure you intake 100 mg of thiamin on the daily. Within two weeks or so, you will probably begin noticing a reduction in how much you are being bitten by mosquitoes.

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In case this method does not help you, do not worry, here is a 100 percent natural, DIY mosquito repellent recipe you can prepare. Check it out below:

## DIY Mosquito Repellent

Needed:

Lavender oil

Witch hazel

Tea tree oil

Boiled water, cooled down

Preparation: Fill half of an 8 oz. spray bottle  with the cooled down water and then add half a tsp of witch hazel, 15 drops of tea tree oil, 15 drops of lavender oil, and close the bottle. Keep it in a cool and dark area. Shake it prior to use.

Use: Spray it onto the exposed body parts when heading out.

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Sources:

HEALING LIFE IS NATURAL

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**Read online:** https://bestfolkmedicine.com/2018/08/this-vitamin-repel-mosquitoes-summer-long/

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